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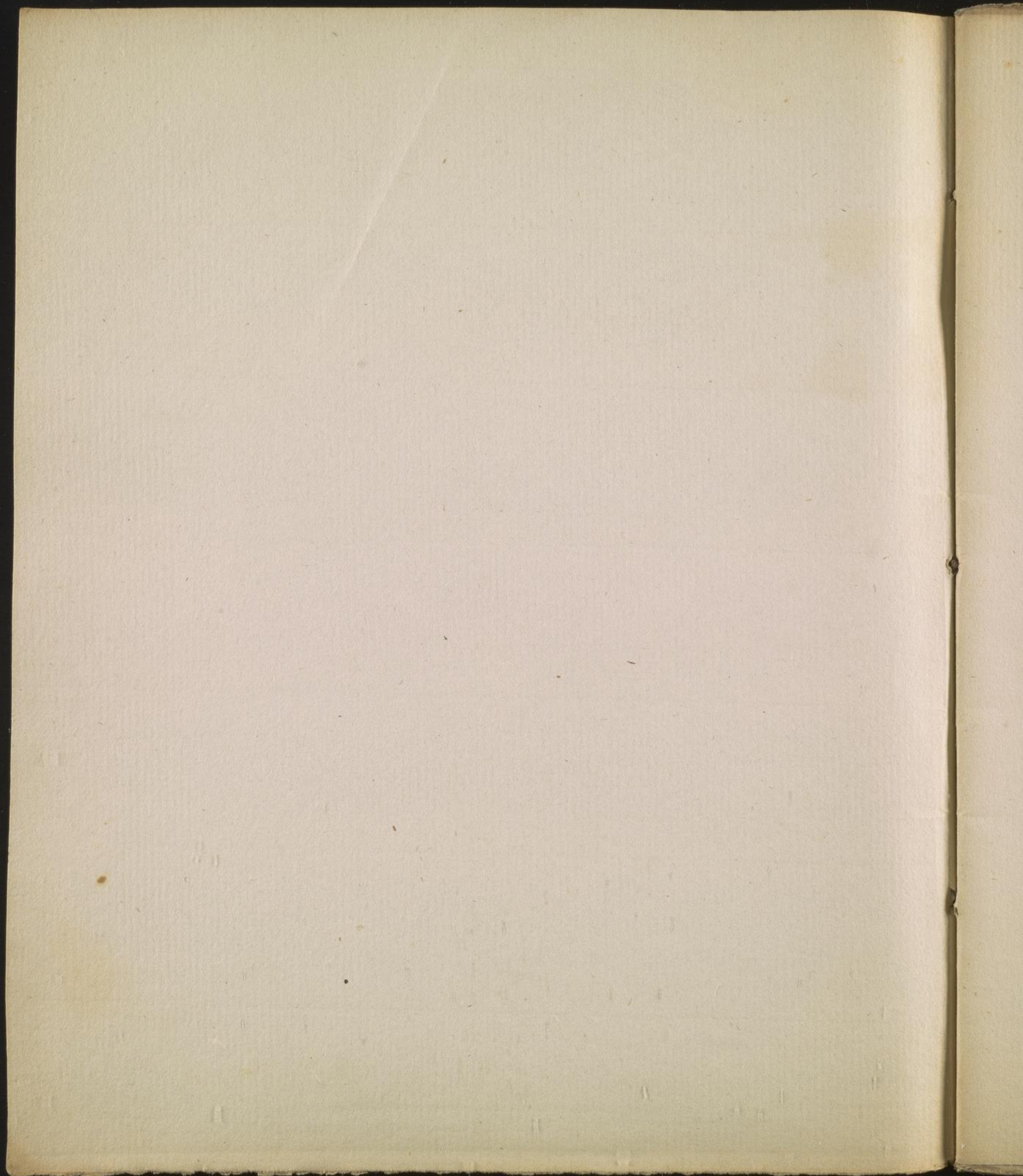
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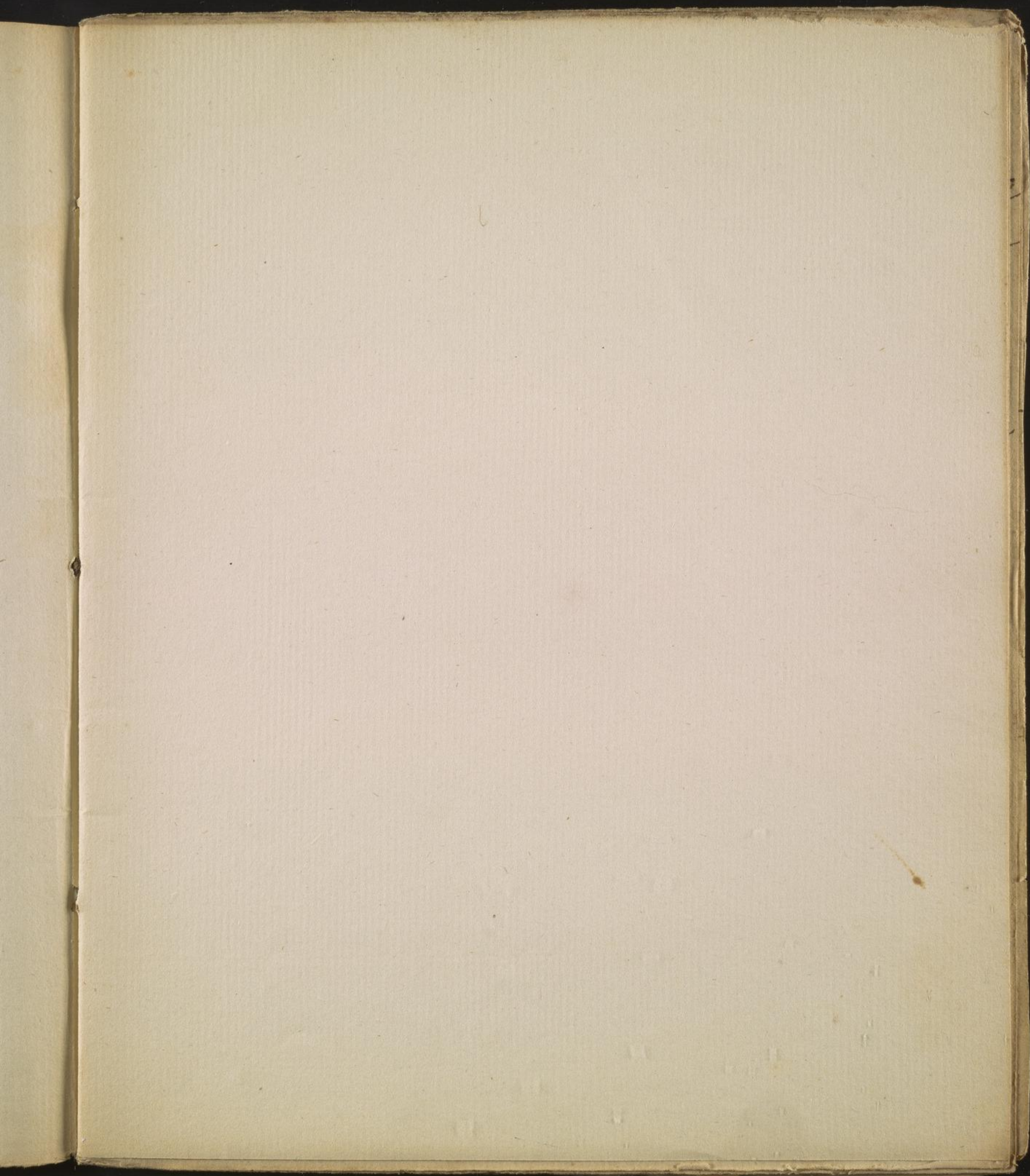
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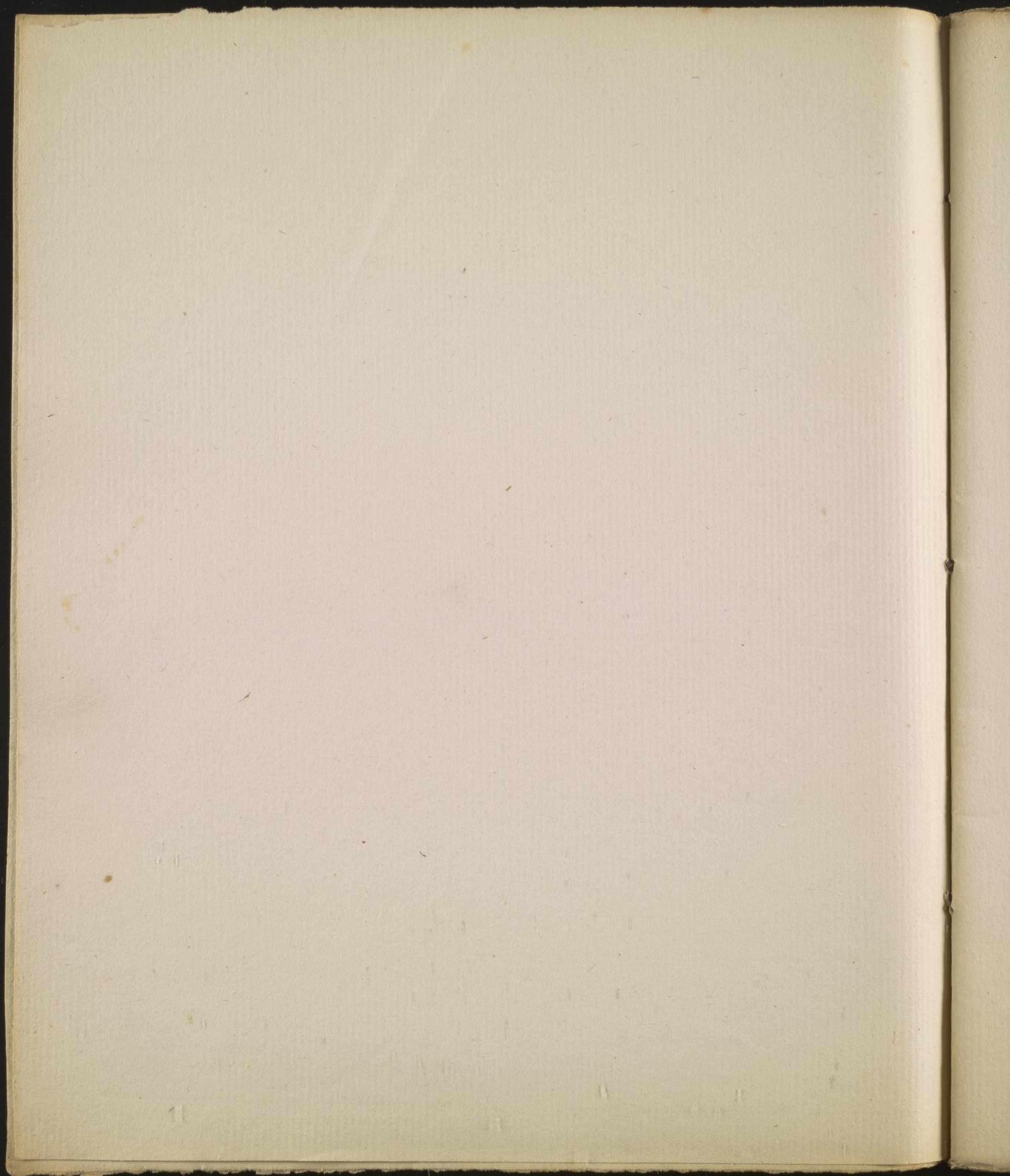
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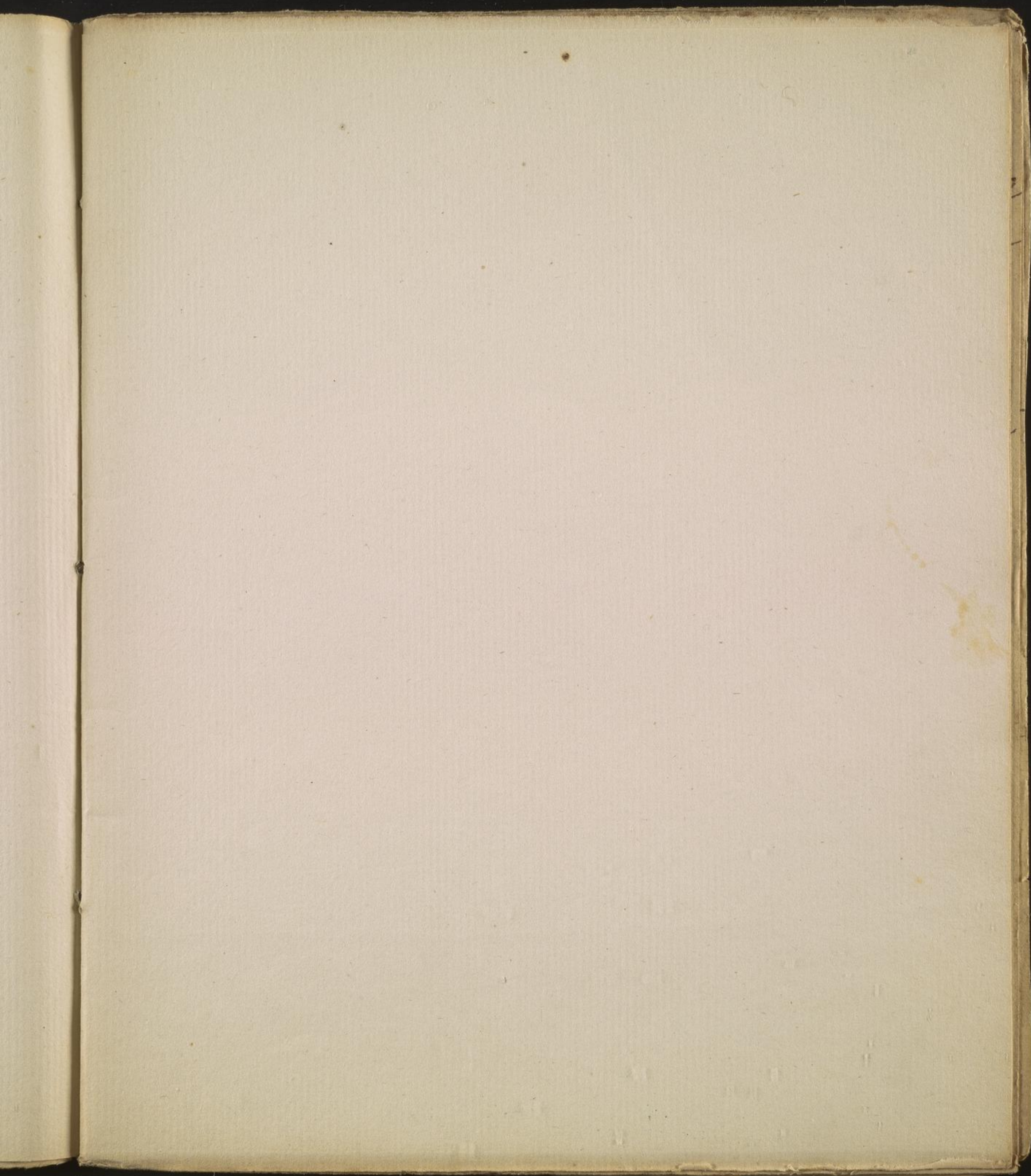
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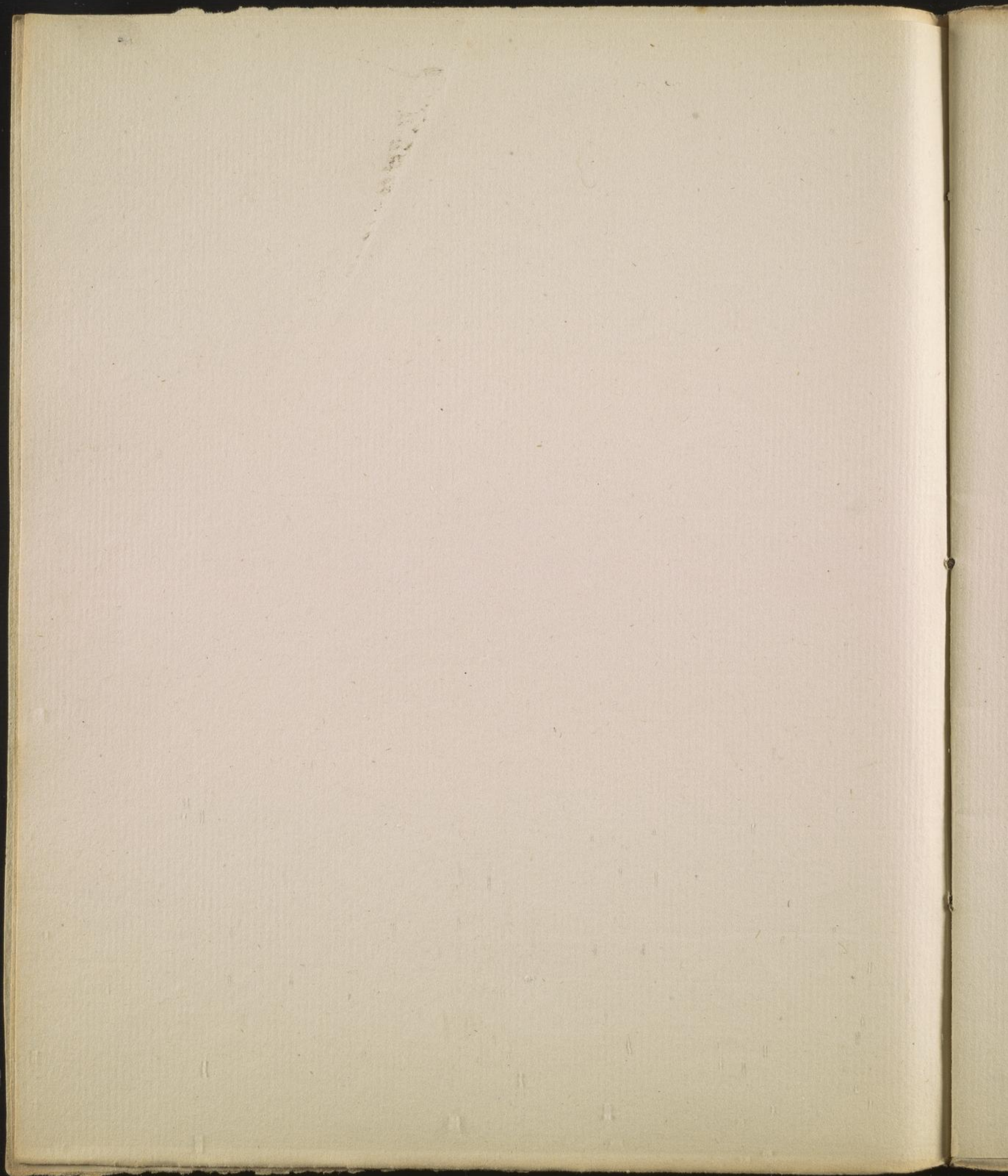
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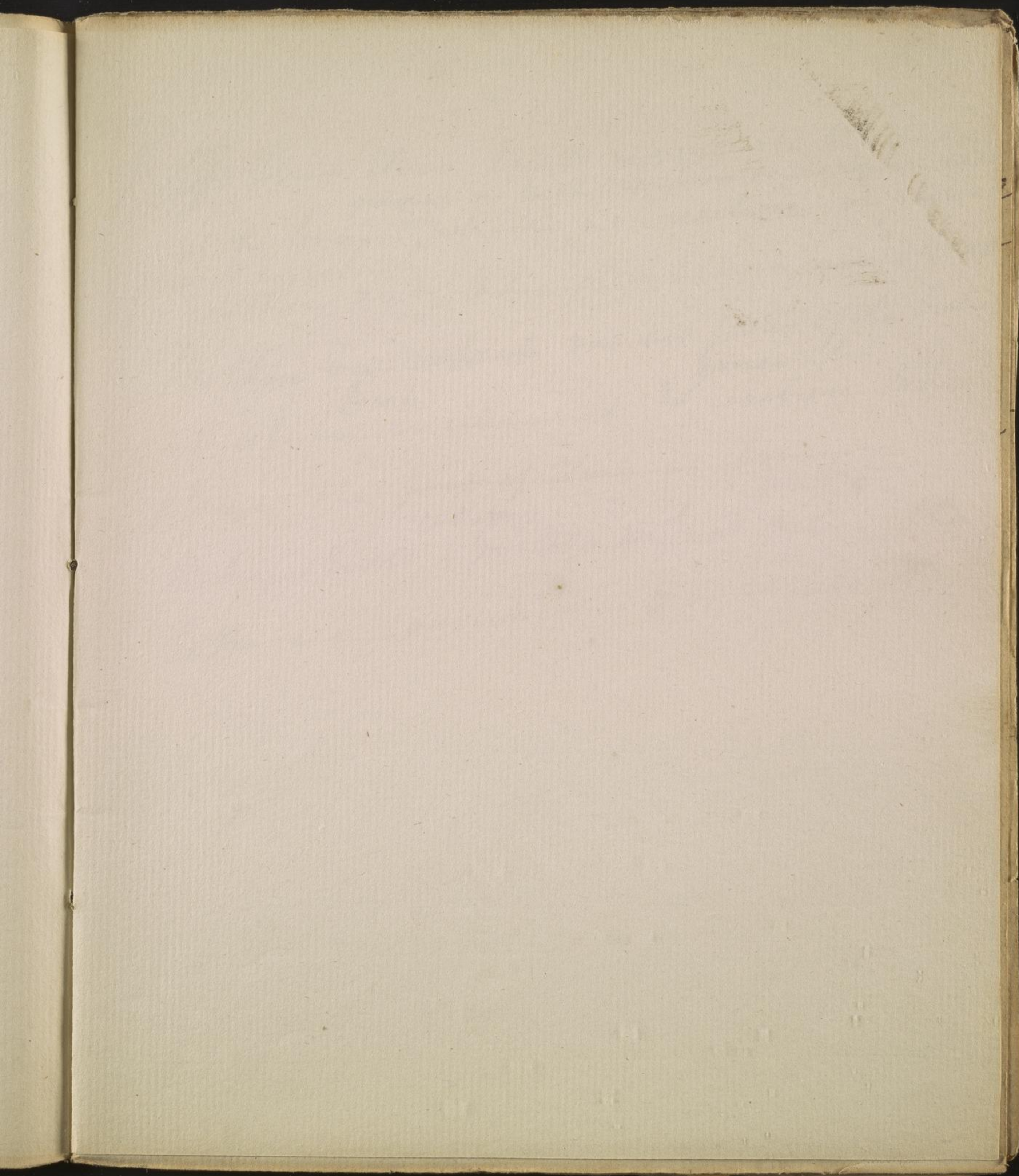


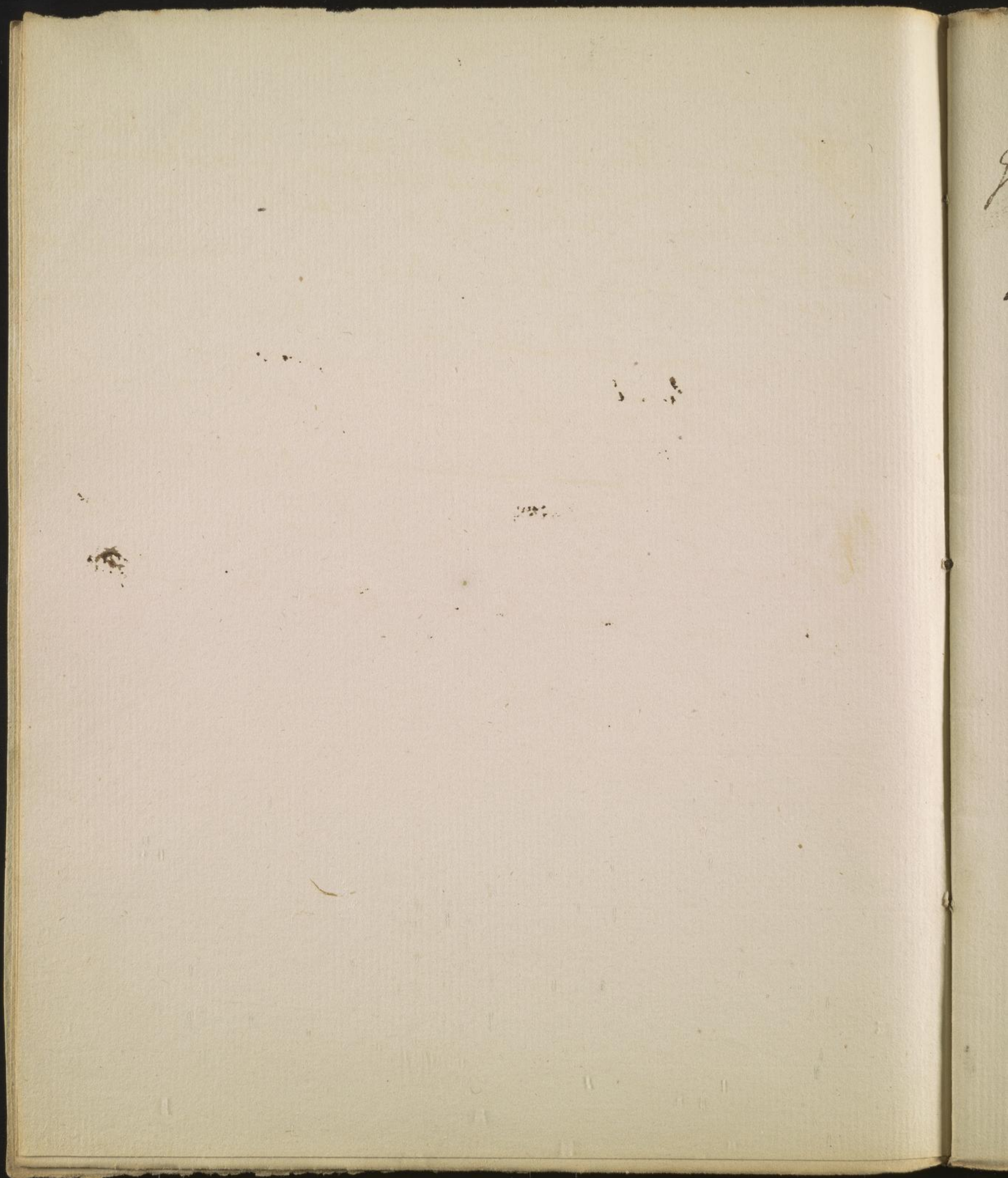












I have thus treated upon all the diseases
of the brain ^{in which} ^{general or local} ^{suppression or prostration} take
place, & in which ^{reaction} ^{only} takes place. We proceed next
to those ~~in which~~ ^{in which} excited states of the brain
in which ^{local} excitement, & ^{general} reactions take
place. The first of these is ~~former~~ ^{former} are
wakefulness ^{cutting -} vertigo & head ache & the
latter are convulsions & or Epilepsy.

✓ I have enclosed

On Wakefulness.

The limits of natural sleep are different in different people, and in the different periods of life. Many instances are recorded of persons passing months, [&] years (and one of a man passing nearly his whole life which extended to 70 years) with but a few hours sleep in the four & twenty and yet enjoying good health. Dr. Gorch in his journey relates an instance of a Spaniard who between the ages of 20 & 70 never slept but 1/4 of an hour in the four & twenty without feeling being in the least incommoded by it. His diet during this ~~long~~ long period consisted only of fish - Chocolate & a few vegetables. In fevers and in certain diseases of the

V It ~~disorder~~ appears in different forms.
1 In ^a quiet state of the body and mind in
which case it is sometimes attended with
pleasurable sensations. 2 In great restlessness,
or jactations of the whole body from side to
side or to different parts of the bed. 3 In little
short jerks of the muscles of the limbs
called by the good women the crevils.

I have called it a disease, ~~but~~ ^{as I believe} ~~in the brain.~~
it is often accompanied with morbid action ~~in~~
~~this is evident in~~ the pulse which is not only preternaturally
full, ^{but} tense. ~~But it~~ ^{But it} often takes place ~~in~~
from an excess of, or deficiency of natural
excitement in the brain. Whether it arise
from ~~a disease~~, or the former or latter cause.

2
Nerves & brain there is often an absence of
sleep for days and weeks without any per-
manent injury being done to the system by
it. Many facts of this kind are mentioned
by Dr Haller in his Elements of Physiology.
But in ~~general~~ ~~wakefulness~~ However
happily the system may accommodate itself
to these extraordinary degrees of vigilance,
it is generally a disease when it exceeds the
ordinary habits of most people, that is
when it exceeds from 06 to 08 hours in
the four and twenty. It is ~~an~~ ^{always an}
unsafe ^{State of the system} ~~state~~, and when neglected often
induces madness, or more dangerous, and
fatal diseases of the brain. V

Wakefulness is induced by

I Corporeal, and

II Mental Causes. ~~The I or Corporeal~~

III. By a mixture of both corp & mental causes.

V accompanied with great cephalic disten-
-sion. 10. ~~great~~ pregnancy. I have known
weakness produced by it six weeks before
parturition. 11 pain from all its causes.
12 a ^{soft} ~~hard~~ bed after being accustomed to a
hard bed.

The corporeal causes which reduce the
excitement below the sleeping point are p: 4

3
The corporeal causes
act by inducing excitement beyond the sleeping
point, or ~~rather~~ ^{they} produce a diminution of
excitement below the sleeping point with
such an accumulation of excitability, as
to render the brain too irritable from
stimuli to repose its itself at the point of
sleep.

^{corporeal} These causes which elevate the brain
beyond the sleeping point are
1 strong tea and coffee 2 strong drink whether
of ardent or ~~distilled~~ ^{fermented} liquors, ~~and~~ ^{in moderate or} ~~excessive~~
small quantities. 3 a small dose of opium.

4 The peruvian Bark. 5 a common dose
of this medicine induced it for three nights
and days in a lady in this city. 5 a heavy
supper, or Aliments, or drinks not habitual
to a patient. 6 noises of all kinds of ac-
-usual nature. 7 ~~total~~ excessive heat. 8 cold-
-ness of any part of the body, particularly the
head. 8 a hard, or ~~too soft~~ a bed. 9 a fever

which afflicted
✓ The wakefulness of the celebrated
Rufian ~~which afflicted him~~ in the
evening of his life was brought on
by ~~this cause~~ undue exercises of his
understanding. The passions which prevent
sleep are by unduly exciting the brain.
such love, envy, resentment - malice.
The other mental irritants are

~~unaccompanied~~ with great Cephalic Dots:
~~incubation~~ ¹² The sudden solution of a
 fever leaving the System in a highly excita-
 -ble state. 11 ~~pains from all its Carac-~~ 12
 -terised during

2 The want of labor, study, or exercise during the day, ~~and~~ 3 fatigue from an unduly
all of them. 14 Protracted

the day: ~~and~~ 3 future ^{all} proportion of ~~each~~ of them. 14 Protracted
night watchings induced by ^{pleasure or} necessity, ~~or~~ game.
while sleep after spending

night watchings involve sleep after spending
- as are sometimes desirable sleep after spending
- as are sometimes desirable sleep after spending

two or three nights at a gaming
house, ^{of Dublin} Dr McBeide, died of madness induced wholly
by his losing four or five nights ^{also} in attending
to his Whistical profession.

by his ~~own~~ ^{own} duties of his ~~Whistle~~ ^{Whistle} ~~blowing~~ ^{blowing} ~~of~~ ^{of} ~~watchfulness~~ ^{watchfulness} ~~14~~ ¹⁴ ~~Passage~~ ^{Passage} ~~I have known an instance of watchfulness~~ ^{I have known an instance of watchfulness} ~~occurring for six weeks before parturition.~~ ^{occurring for six weeks before parturition.} ~~as~~ ^{as} ~~of~~ ^{of} ~~watchfulness~~ ^{watchfulness} ~~are~~ ^{are} ~~2~~ ²

II The mental causes of Wakefulness are

II The Mental Causes of Waking
1. The undue exercise of the Understanding, and
overstimulating the brain, and ~~also~~ ^{the} raising
passions the former are most apt to induce
it above the sleeping point.
it when begun in the evening, or just before
going to bed. ✓

~~1/2 Love especially when unsuccessful. Dr
Horne in his principia medicina describes
this effect of love in the following ^{elegant} words: "Som-
nus enim vocatur, eo quod amoris desit."~~

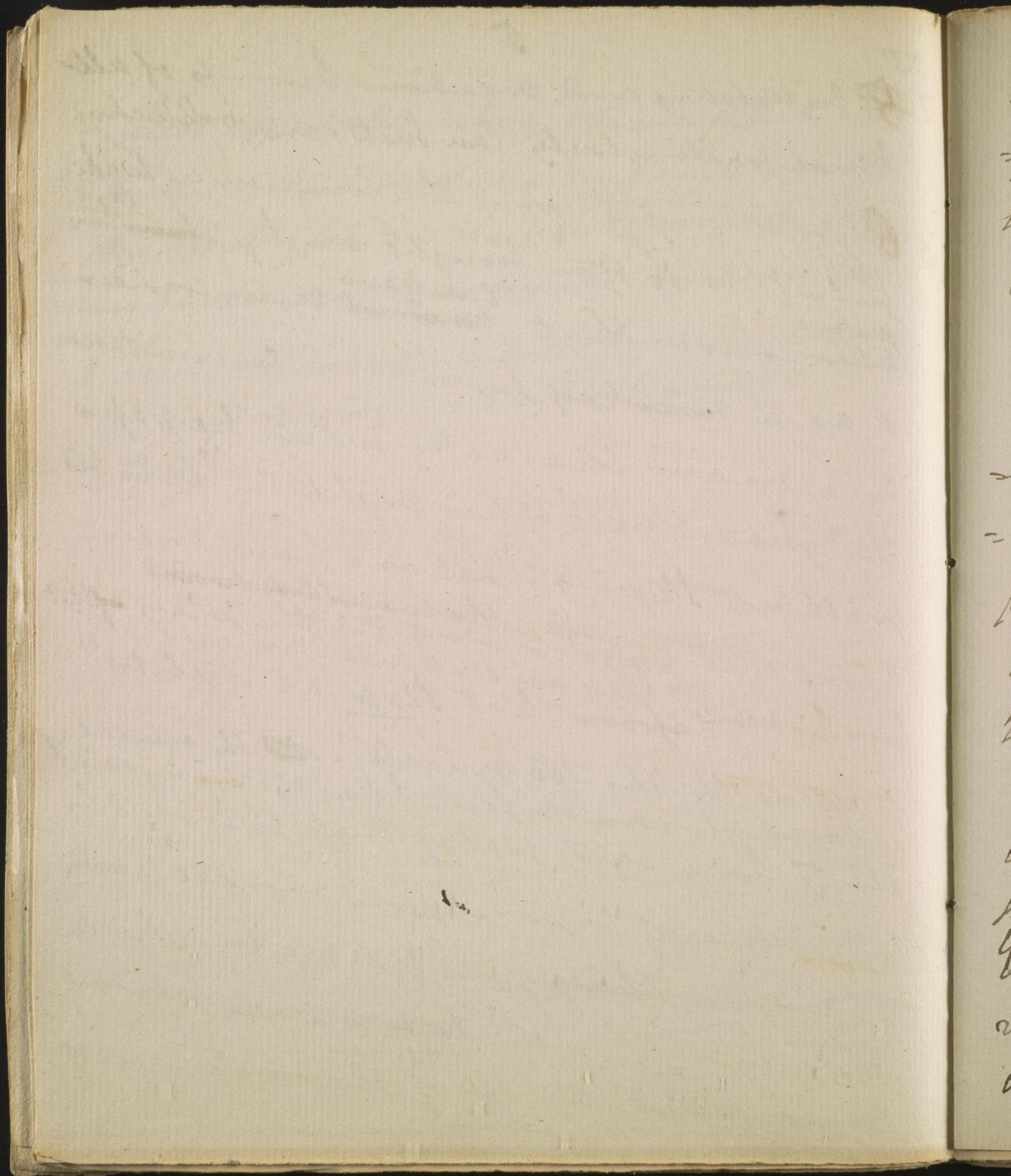
~~Vore~~
1 Fear. This is often induced by cats, rats, or
the dread of robbers, and by high winds. 2
2 Grief.

2 ~~of~~ Interesting and vexatious business of all
kinds particularly law suits, and politics.
It conscience wake

3 ~~3~~ Guilt preying upon the Conscience. Wake-
-fulness is so often brought on by ~~the~~ ^{capt} ~~two~~
of these ^{cautious} ~~careless~~ men consider
these causes that ^{cautious} ~~careless~~ men consider
missious circumstances

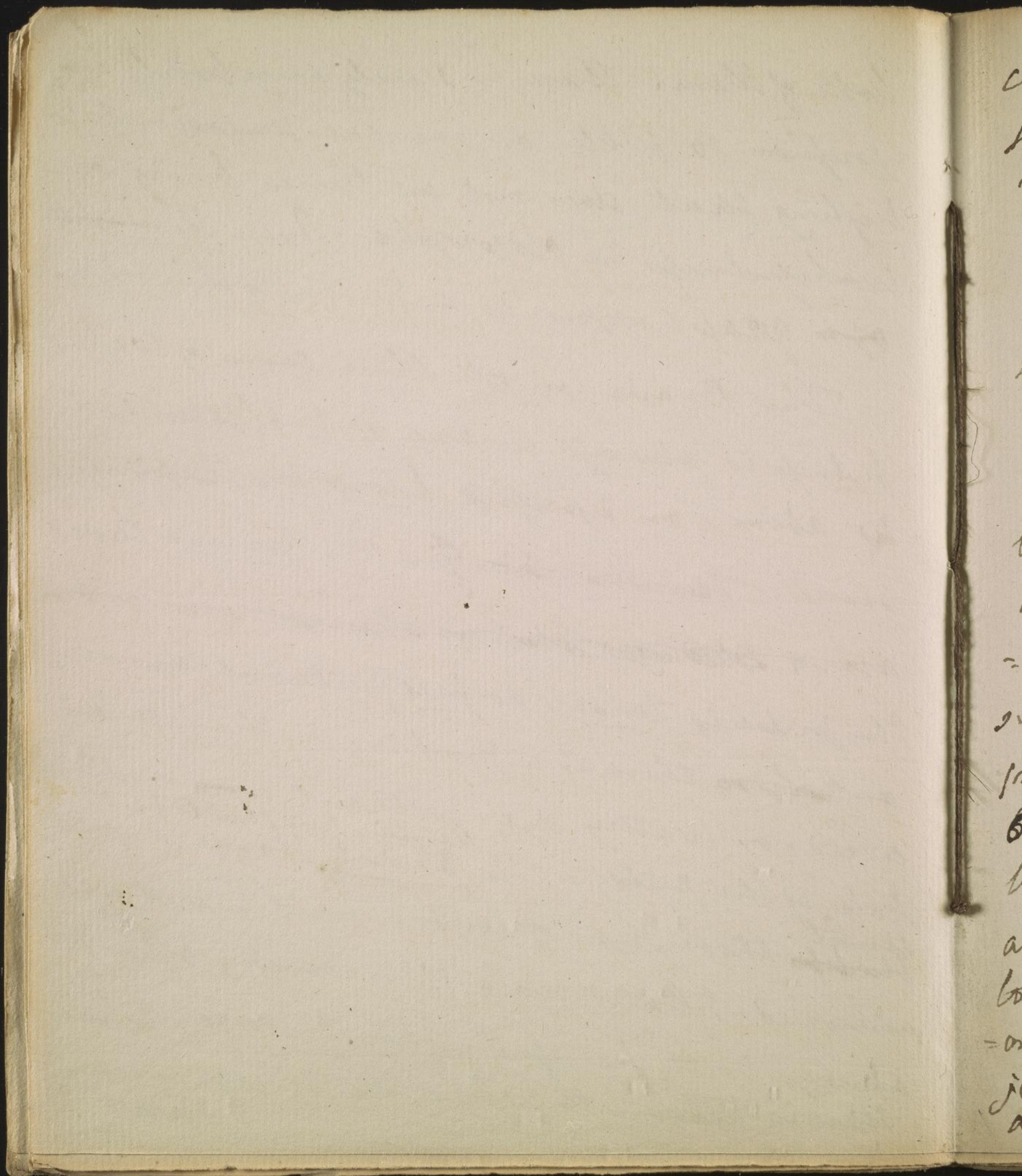
"Capinus thinks too much". The mental
causes which reduce the brain below the sleeping point
[1] I have said Wakefulness is induced by
certain mental causes.

a mixture of corporeal and
this occurs chiefly in old age in which
under
the excitability in the ~~system~~ ~~parts~~ body and
mind, exceed the loss of the excitement of

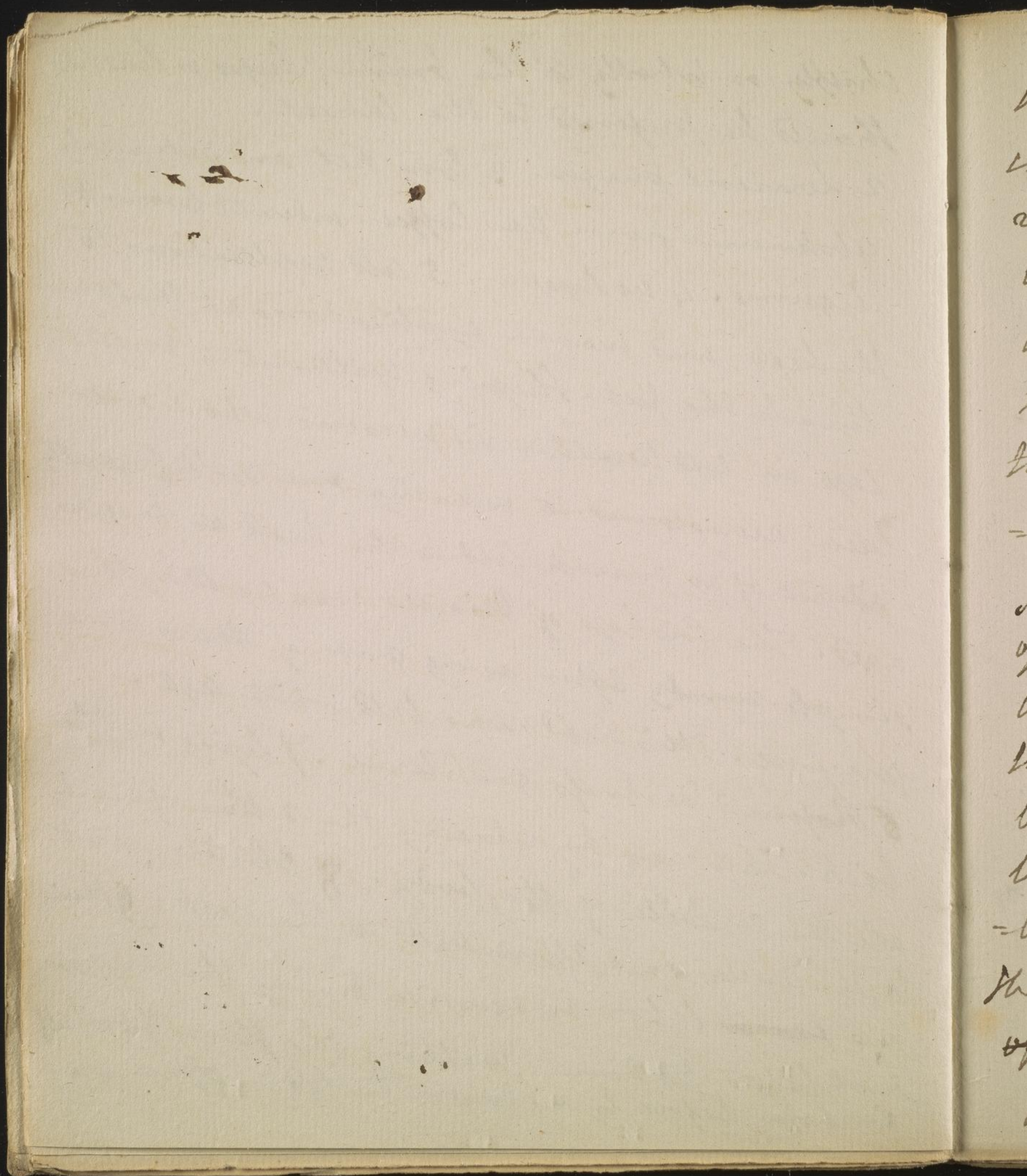


both of them. There is scarcely any bodily im-
-pression so feeble, or mental uneasiness so
trifling that does not at times bring on
wakefulness in old people. Even the weight
of a grasshopper is a burden to their bodies.

The Brain in all these cases of wake-
fulness is always in one of two states, ex-
-tended above, or depressed below the sleeping
point. The Remedies for the former case
~~are at Bleedings~~ This is always repeated
the pulse is tense, or full, without tension,
or ~~tension~~ there is a flushing in the face, &
a red, or watery eye, without any morbid
state of the pulse. The Bleeding ^{Remedies here should be repeated,}
until those signs of undue excitement are
removed. I have used this remedy often, &
always with success in this disease. Where
there is reason to believe the disease is con-
-fined



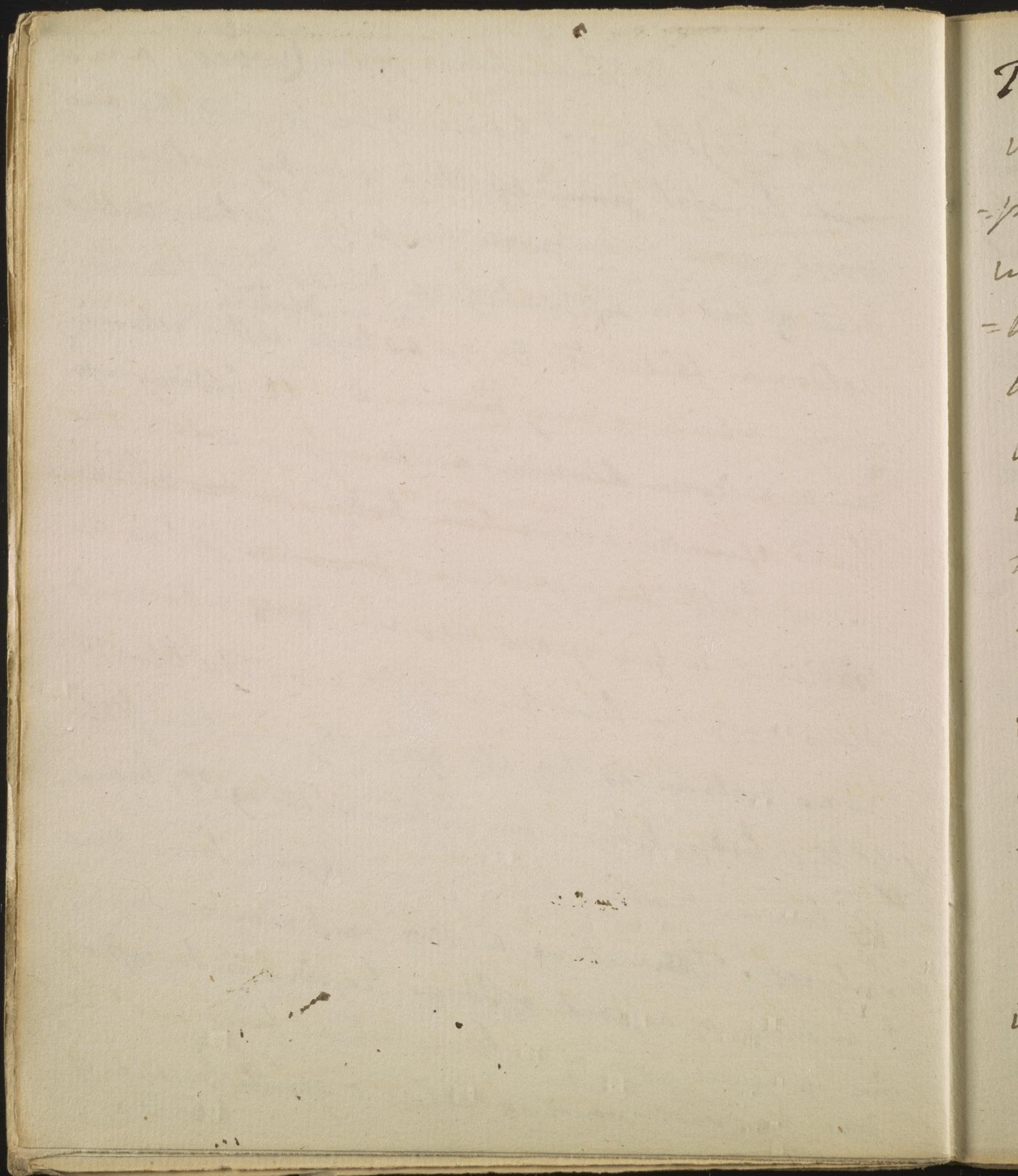
chiefly, or wholly to the brain, cups or leeches
should be preferred to the carotids.
2 Laxative purges. 3 Low Diet, and particularly
abstinence from tea, Coffee, ardent Spirits
liquors. 4 no Supper. 5 Cold Applications to
the head, and warm Applications at the same
time to the feet. Sleeping without a Night
Cap in cold weather in persons who have
been accustomed to wearing one will frequently
admit of as much Cold to the head as is requi-
red. The Bishop of Miines was cured by this
simple remedy after using many others to no
purpose. His head was bald with Age.
6 Profound Darkness and Silence. 7 Lying on the
back. This acts by reducing the action of nearly
all the muscles of the body. 8 Blisters - first
to the Anles and afterwards to the neck. 9 Peri-
one ~~exercise~~ labor or exercise during the Day, or
just before bed time. Walking the floor for half
an hour before lying down in bed is often an



anodyne to its wakefulness from undue
excitement of the brain. It is the more
anxious and useful, if the ^{day} ~~evening~~ has
been passed in study at a desk. It acts by
abstracting accumulated excitement from
the brain, and throwing into the limbs, &
thus equalizing it. 10 In that state of wake-
fulness in which there is restlessness, or
jactation of the body, or those little jerking
of the limbs which ^{are} ~~are~~ called crisis, great
advantages have been derived from ~~jumping~~
throwing off the bed clothes and exposing the
body to the cold air. The system when depressed,
by the cold, reacts equally, and thus by ~~equal-~~
-izing excitement, induces sleep. But if this
should be ineffectual, the patient should jump
out of his bed, and walk undressed for
five or six minutes up & down his room.
Jm

12 v: applying bottles with hot water, or hot
brick to the feet. They abstract excitement
from the brain, and thus realize it.

This way Dr Franklin often ^{induced} ~~used~~, and
 obtained sleep. I have often found the ~~bed~~
~~not~~ benefit from ~~of~~ this remedy when im-
 posed upon one from necessity. When called
 out of bed in ^{this} wakeful disease, I have
 seldom failed to drop asleep ^{immediately} after returning
 from visiting my patient. "Sitting up
 in an ~~arm~~ ~~chair~~, ~~or~~ ~~lying~~ with the
 head elevated above the body, or ~~in~~ ~~sleeping~~
 in a half bent posture. ~~Another~~ I had a
 patient a few years ago in 1808 who could
 sleep only in her ~~arm~~ ~~chair~~. The blood
 was restrained by its gravity in this state
 of the body from over stimulating the brain.
 Concentrating the mind upon some one
 subject. Counting a 100 backwards - or
 thinking of a flock of sheep leaping in succession
 over a fence, or of a large wheat field just be-
 fore harvest waving before a gentle breeze of
 wind.



10
The excitement of the ^{brain} ~~brain~~ is thus gently
worn down to the sleeping point. If ex-
posing the ears to certain simple sounds
do not excite any ideas in the mind, and which
which, ~~but~~ reduce excitement by the stimu-
-lus of action. These sounds are the Colian
harp, or the dropping of water into a basin,
or a monotonous human ~~voice~~ ^{voice} either
in singing or speaking. You have all ^{pressure} ~~pressure~~
heard of ^{the} man ⁱⁿ who was afflicted with
this disease to whom ~~some~~ ^{all} of the common
remedies for inducing sleep had been given in
vain. One of his neighbours who had often
seen him sleep in Church advised his friends
to send for the parish priest to preach in
his sick room. This priest probably had a
monotonous ^{voice}, which is always, whether
in a pulpit, a pleader, or a ~~to~~ reader, of
an anodyne nature. All these ^{simple} ~~but~~
impressions upon the ears act by lessening

V 16th Dr Bonet commands obliging persons
who are obstinately wakeful, to stand until they
begin to nod. It appears to be a ~~not~~ rational
remedy. — it arise

17th If from cold feet or of the body a thorough
warming ^{of both} before going to bed.

11

Down its excitement.

15 ~~Dr~~ Dr Willis relates a case of obstinate wake-fulness which always went off as soon as a belching of wind took place from the stomach of his patient. What would be the effect of creating a similar revulsive action to the stomach by means of an emetic or of nauseating doses of medicine?

✓ 16. Let us next inquire into the Remedies which are proper to cure ~~this~~ Wakefulness when the ~~eye~~ brain is below the ~~the~~ sleeping point.

This state of the brain may be known by attending to its causes. The more protracted they have been in their Operation, the more probably they have produced it. The pulse in this state of the system is weak, and the face & eyes discover none of the marks of preternatural or undue excitement in the brain.

The Remedies in this state of the disease

✓ Dr Jackson tells us it has often induced
sleep when applied to the soles of the feet.

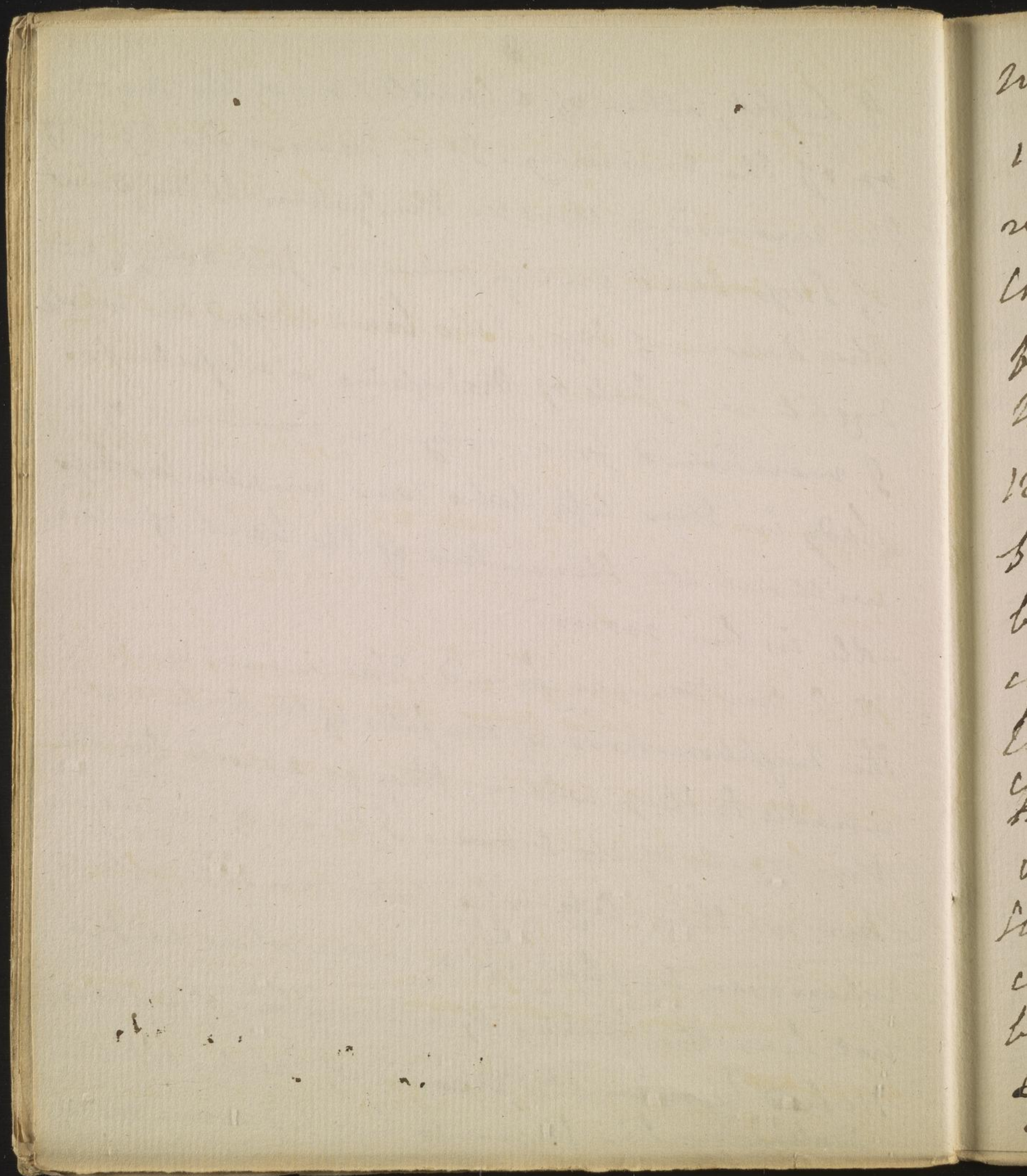
12

1 Opium ^{Begin} ~~Begin~~ with small doses. Five drops
will sometimes be more effectual in inducing
sleep than ^{30,} 40, or 50. 2 a tincture or tea, or
extract made of hops, or 3 a bag of hops
placed under the head. This medicine often
induces sleep where opium fails, and wholly
from its being a more gentle anodyne.
4 Apapetida - in tincture or pills. I have
known two pills made of this Gum act as
an anodyne, when opium failed in its ordi-
nary dose of having that effect. ~~It~~ acts
chiefly upon the nerves.
5 a light supper. 6 a draught of porter
or a glass or two of wine taken at bedtime.
7 Tea or Coffee of a moderate strength taken
in the evening. All these substances induce
sleep by elevating the system to the sleeping
point. 8 The warm Bath, or the pediluvium
just before bedtime.

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]

9 Light, either of a Candle, or of the moon
 or of the morning. It is because the light of
 the morning elevates the system to the point
 of sleep, that many persons fall asleep at
 the dawn of day, who have passed the whole
 night in a state of distressing wakefulness.
 I mentioned formerly an instance of a
 lady in this city who was unable to sleep
 without the stimulus of the light of a can-
 dle in her room.

10 A customary brand. The inhabitants of
 the neighbourhood of the falls of the Nile are
 unable to sleep when they go abroad beyond
 the reach of its noise. I know of a watchman
 in this city who was unable to sleep
 when ever he slept in a room where he did
 not hear the ticking of a number of watches.
 He had been in the practice of taking all the
 watches in his shop into his bed room every



right to prevent this ¹⁴ being stolen.

11 Throwing off the bed clothes & creating a reaction of the system from the action of cold. - ~~this~~ ^{this} reaction by transcending the pulse action of the system, elevates it to the sleeping point.

12 Jumping out of bed and walking across the floor. This remedy acts by acts when the brain is unduly excited by attracting its excess of excitement to the lower limbs. Put in the state of wakefulness now under ~~where it is below~~ ~~far~~ ~~far~~ ~~of excitement~~, consideration, the limbs are sometimes in the exercise of watching throws the excitement a plus, while the brain is in a minus state of excitement. In this case the plus excitement of the limbs is thrown into the brain ^{which induces sleep by equalizing} ~~whereby~~ ~~great~~ ~~excitement~~, and ^{or in a suspended bed.}

~~Sleep~~

13 Being rocked in a cradle, This increases the

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determination of the blood to the brain & thus brings on sleep.

14 Placing the body upon a mill stone, or any other ^{round} body, ~~and rolling~~ with the head towards its circumference, and then impacting to it a rotatory motion. Boerhaave relates the case of a man who was cured of wakefulness by this remedy. It soon creates the healthy apoplexy upon which sleep depends.

15 Going to bed precisely at the same hour, as every night, and rising at the same hour every morning.

16 Sleeping upon a hard bed, where a patient has been accustomed to it. Boerhaave mentions the case of an Officer who returned to spend a winter with his family after a summer campaign. He was unable to sleep for several weeks. At length ~~his physician~~ ^{he was advised,} to lie down upon some straw upon a ground floor.

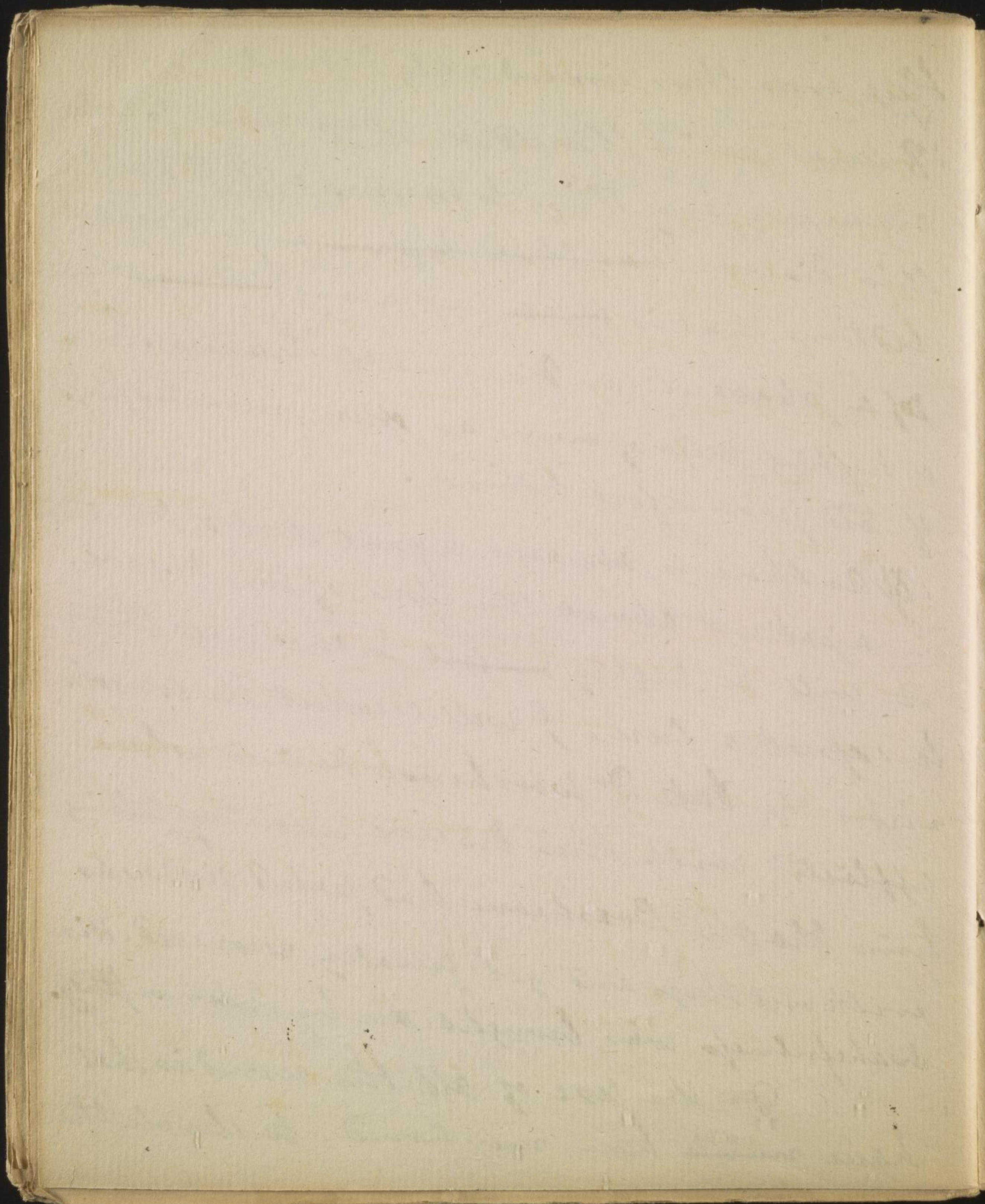
17 Riding in a Carriage. It was thus indeed
in a lady in this city after all the ven-
erous remedies had been used to no purpose.

Slap was thus immediately induced.

18 Great pains should be taken never to communicate any thing to persons afflicted with this disease ~~that shall become~~ just before bedtime that is of an interesting ~~nature~~ whether of a pleasant, or disagreeable nature. Even a trifling piece of news as often prevented sleep if told just before bedtime.

19 As there is always a great deal of solitude in a patient about the issue of this disease, it will be highly ^{proper} to encourage them to expect a cure. I well recollect the consolation from the late Dr Woodhouse derived when afflicted with this disease upon my telling him that Dr Boerhaave had passed six weeks without sleep and yet finally recovered. His wakefulness was brought on by intense study.

In the use of all the remedies that have been mentioned, to elevate the



17.
the system to the sleeping point, recollect the
rules formerly given when a disease af-
fects two or three of the different systems
of the body. They must all be reduced to
the same grade of debility, or in others
words plumbed, or ~~excite~~ stimulants will
not only be ineffectual, but increase the
disease. Watch the blood vessels ^{chiefly} ~~mainly~~.

You can do little to any good purpose in
the brain the nerves, and muscles
diseases of ~~these or four~~ ^{the} systems until you
first regulate their actions, and bring them
into harmony with the latter. ^{I repeat} ~~The great~~
~~secret~~ ⁱⁿ the practice of ^{physic} ~~medicine~~ depends chiefly
upon attending to this rule, and afterwards
combining ^{the} medicines that act primarily
and as it were specifically upon the diffe-
rent systems in their equally debilitated
state. —

